

## FITNESS ABILITY TEST BATTERY

The Criminal Justice Training Commission Fitness Ability Test Battery is comprised of four tests:

1. 300-Meter Run
2. Sit-ups (1 minute)
3. Push-ups (maximum/no time limit)
4. 1.5 Mile Run/Walk

The scoring matrix, as described below, allows the examiner to find the participant's raw and Fitness Ability Test score on each test in the battery. The Fitness Ability Test score for each test item is recorded and added on the individual participant's sheet.

The passing score is 160 with the range of scores for each test between 30 and 50.

Participants who score below the 30-point level on any test have failed the test but will be allowed to continue on the other test items with the option of retest on any of the following: sit-ups, push-ups.

Participants who scores above the 50-point level on a given test item will not be awarded more than that 50 points to apply towards the other test items.

### 300 METER RUN

This test measures anaerobic capacity. Participants run the stance as quickly as possible.

Minimum	71 seconds = 30 pts
Mean	63 seconds = 40.67 pts
Maximum	56 seconds = 50 pts

### SIT-UPS

This test measures muscular strength/endurance of the abdominal muscles. Participant lies on his or her back, knees bent, heels flat on the floor. Hands should be held behind the head, with elbows out to the sides. A partner holds down the feet. The participant performs as many correct sit-ups as possible in **one minute**. In the up position, the individual must touch the elbows to the knees and then return to the lying position (fingers must touch the examiner's hand) before starting the next sit-up.

Minimum	30 = 30 pts
Mean	34 = 40.5 pts
Maximum	38 = 50 pts

### PUSH-UPS

This test measures the muscular strength/endurance of the upper body muscles in the shoulders, chest, and back of the upper arms (triceps). The participant lower the body until their chest touches and slightly compresses a foam cube and arms are at least parallel to the floor, then pushes up again. The back must be kept straight, and in each extension up, the elbows should lock. Resting in the up position (only) is allowed.

Minimum	21 = 30 pts
Mean	28 = 40 pts
Maximum	35 = 50 pts

### 1.5 MILE RUN

This test is a measure of cardio-respiratory endurance or aerobic capacity, and the endurance of the leg muscles. The goal is to finish the 1.5 miles in as fast a time as you can. You may walk, but walking will make it difficult to meet the standards.

Minimum	14:31 minutes = 30 pts
Mean	14:03 minutes = 40 pts
Maximum	13:35 minutes = 50 pts

### Preparing for the Criminal Justice Training Commission Fitness Ability Test

Whereas many training routines can be used to improve performance in the Fitness Ability Test, participants should keep in mind that physical training is *specific*. That is, one improves in activities practiced.

If one wishes to optimize push-up performance, push-ups should be included in the training program. Many other exercises can also be included to strengthen the chest, shoulders and arms, but push-ups should be included in the routine. Ideally, muscles and the cardiovascular system should be gradually and progressively trained over several weeks or months to achieve desired fitness gains. Physical adaptations occur gradually in response to regular, consistent overloads, i.e. doing more than your body is accustomed to doing. It is important to bear in mind that every individual adapts at a different rate-a stimulus resulting in an appropriate, moderate overload to one person may be too much or too little for another person. A participant who has been inactive for a significant period of time should plan to take six to twelve weeks to train for the Fitness Ability Test.

The training routine should include exercises to train upper body strength and muscular endurance, abdominal muscular endurance, leg power, cardiorespiratory endurance and anaerobic power. Strength and cardio-respiratory endurance activities should be performed about every other day, or three days per week, to allow adequate recovery and positive adaptations to occur. Anaerobic (high intensity) training should be done once per week, and can be performed in lieu of a cardiorespiratory training session. For flexibility enhancement, good back health, and injury prevention, stretching exercises should be performed before and especially after training sessions, as well as on days off.